How do I?

A list of useful links, showing techniques for performing basic living skills. Some are descriptions with pictures, others are videos.

This list is presented as a convenience, and does not imply endorsement of any of these techniques by Autism Housing Pathways. Autism Housing Pathways, its officers and directors, are not in any way responsible for any negative consequences to life, health, finances or property resulting from using these links. For a complete legal disclaimer, see:
http://autismhousingpathways.net/wp-content/uploads/2014/05/DocsLegalDisclaimer.pdf

Financial and identity:

How to write a check:
http://www.wikihow.com/Write-a-Check

How to balance a checkbook:
http://www.wikihow.com/Balance-a-Checkbook

How to use an ATM:
http://www.wikihow.com/Use-an-ATM

http://classroom.synonym.com/steps-using-atm-11871.html

http://www.youtube.com/watch?v=5PGEWejcmNU

How to check credit score:
http://www.consumer.ftc.gov/articles/0155-free-credit-reports

http://www.annualcreditreport.com/index.action

How to avoid losing your wallet:
https://www.geogrit.com/blogs/gear/never-lose-your-wallet-again

http://blog.iliumsoft.com/2006/11/20/please-dont-photocopy-your-wallet/ (play it safe and use a home photocopier to do this, not one at a library or copy center)

What to do after your wallet or purse is lost or stolen:
http://abcnews.go.com/Blotter/wallet-lost-stolen/story?id=18358398

How to prevent identity theft:
http://www.consumer.ftc.gov/articles/0272-how-keep-your-personal-information-secure

https://www.consumer.ftc.gov/media/video-0023-5-ways-help-protect-your-identity (video and transcript)

How to cope with identity theft:
http://www.consumer.ftc.gov/articles/0005-identity-theft

http://www.identitytheft.gov/Steps

Community:

How to address an envelope:
https://www.youtube.com/watch?v=C7VXXSk-M_s

http://www.wikihow.com/Label-an-Envelope

How to enclose a self-addressed stamped envelope (SASE):
http://www.wikihow.com/Send-an-S.A.S.E.-%28Self-Addressed-Stamped-Envelope%29

How to send a letter by certified mail, and get legal proof it was received:
https://mailservices.illinoisstate.edu/usps/#certified

How to pump gas:
http://www.wikihow.com/Pump-Gas

How to put air in car tires at a gas station:
http://www.youtube.com/watch?v=Gfo5dKgQQYw

How to change a tire:
http://www.wikihow.com/Change-a-Tire

Body and health:

What goes in a first aid kit:
http://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit

How to treat a cut:
http://www.nlm.nih.gov/medlineplus/ency/presentations/100208_1.htm

How to ask for a doctor's appointment:
http://englishcommunicationexercises.wordpress.com/making-a-doctors-appointment/ (examples)

How to insert a tampon:
https://www.wikihow.com/Use-a-Tampon

https://www.youtube.com/watch?v=T6UWnYE-Gkk

How to do a breast self-exam:
http://www.breastcancer.org/symptoms/testing/types/self_exam/bse_steps

Household:

Cleaning

How to clean a toilet:
http://www.apartmenttherapy.com/how-to-really-clean-your-toile-137156

http://www.youtube.com/watch?v=VfDoGQ6urE0

How to clean a kitchen or bathroom:

http://autismhousingpathways.net/wp-content/uploads/2014/05/Cleaning_rubric1.pdf

How to do laundry:

http://www.wikihow.com/Do-Laundry (2 methods; #2 is easier)

Cooking

Recipes:

Breakfast

How to boil water:
http://www.dummies.com/how-to/content/how-to-boil-water.html (stove top)

Tea
http://www.tetleyusa.com/about-tea/tea-tips

Coffee
http://www.wikihow.com/Make-Instant-Coffee (instant)

https://www.folgerscoffee.com/coffee/how-to/videos

Cereal
http://www.youtube.com/watch?v=Lh3zkzAbQL4

Instant oatmeal
https://www.quakeroats.com/cooking-and-recipes/how-to-prepare-oats (click on "Instant Oats")

Toast
http://www.youtube.com/watch?v=rJQpyIIV3-s

English muffins
http://youtu.be/IXQCJhw_quY

Frozen waffles
https://www.youtube.com/watch?v=fCCpR4Np4wo (toaster)

https://www.chefsresource.com/how-to-cook-frozen-waffles-in-the-oven/#Step-by-Step_Guide_to_Oven-Baked_Waffle_Perfection (oven)

https://readysetfeast.com/how-to-cook-eggos-in-the-microwave/ (microwave)

French toast
http://www.food.com/recipe/basic-french-toast-147554

Scrambled eggs
https://www.incredibleegg.org/recipes/cooking-school/how-to-make-scrambled-eggs-in-the-microwave/ (microwave)

https://www.incredibleegg.org/recipes/cooking-school/how-to-make-scrambled-eggs/ (frying pan)

Pancakes
http://youtu.be/5g2IXzuyTm4 (Aunt Jemima mix)

http://m.wikihow.com/Make-Bisquick-Mix-Pancakes (Bisquick mix)

Bacon
http://www.foodnetwork.com/recipes/articles/how-to-make-bacon-in-the-microwave.html (microwave)

Lunch

Peanut butter sandwich:
http://m.wikihow.com/Make-a-Peanut-Butter-and-Jelly-Sandwich

http://youtu.be/GX1EjqXAszM

Grilled cheese sandwich
https://www.youtube.com/watch?v=RZWkwEwT-kA

Ham and cheese sandwich with lettuce
http://youtu.be/hiUub1sQiLU

Soup
http://youtu.be/b7sTU6FDGaw (Campbell's)

http://youtu.be/6RDHC1epWeE (Progresso)

Turkey spinach wrap
http://youtu.be/jUOfZum7HFo

Smoothie
http://youtu.be/_dtXSFDbm0U (banana smoothie with whole milk)

http://youtu.be/-MrIlwQ7vqo (green smoothie with water)

Dinner

Pasta (using a Lekue microwave pasta cooker)
http://www.youtube.com/watch?v=nYs7Jxm5y4Q

White rice (using a rice cooker)
https://www.thespruceeats.com/how-to-use-your-rice-cooker-482851

Hamburger (using a George Foreman grill) (also works for chicken or fish)
http://www.youtube.com/watch?t=5&v=-h1dtX6ovn4

Beef and baked beans stew (using a crockpot)
http://www.food.com/recipe/crock-pot-cowboy-beef-baked-beans-stew-16546

Microwave Asian chicken, vegetable, and rice (using a microwave rice steamer)
http://www.youtube.com/watch?v=tqK9--GaWNg

Macaroni and cheese (using a crockpot)
http://www.youtube.com/watch?v=Qj4ihK36mNQ

How to keep food safe:
https://www.fda.gov/food/buy-store-serve-safe-food/everyday-food-safety-young-adults

http://www.foodsafety.gov/keep/basics/clean/index.html

http://www.foodsafety.gov/keep/basics/separate/index.html

https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety#cook

http://www.foodsafety.gov/keep/basics/chill/index.html

How long to keep food:
http://www.foodsafety.gov/keep/charts/storagetimes.html

https://www.foodsafety.gov/keep-food-safe/foodkeeper-app

http://www.foodsafety.gov/keep/emergency/index.html

How to put out a grease fire:
http://www.wikihow.com/Put-out-a-Grease-Fire

Emergency

What to do when the power goes out:
https://www.mass.gov/info-details/power-outage-safety-tips#introduction-

What goes in an emergency kit:
https://www.mass.gov/info-details/build-an-emergency-kit (some items don't apply to everyone; if you don't use something normally -- for example, a medical oxygen tank -- you don't need one)

Plumbing

How to unstop a toilet:
http://www.dummies.com/how-to/content/how-to-unclog-a-toilet-with-a-plunger.html (with a plunger)

http://www.youtube.com/watch?v=-83k9m5C1Io (with a plunger)

http://www.youtube.com/watch?v=lXmMPcC6I7k (with an auger or toilet snake)

How to shut off the water supply to a sink:
http://www.youtube.com/watch?v=WCpHFewA3Ew

How to shut off the water supply to a toilet:
http://www.youtube.com/watch?v=nGn_QHIfrhw

When to call a plumber:
http://www.benjaminfranklinplumbing.com/blog/5-signs-you-need-to-call-a-plumber

Electrical

How to change a light bulb:
http://www.wikihow.com/Change-a-Light-Bulb

How to reset a circuit breaker:
http://www.dummies.com/home-garden/home-improvement/electrical-wiring/how-to-reset-a-circuit-breaker/

https://youtu.be/YCR71L_LKLA?si=IFNbQs_OEe28r36j

How to reset a GFCI outlet:
https://www.youtube.com/watch?v=QHIvy_zSQf8

When to call an electrician:
https://www.angi.com/articles/when-should-i-hire-electrician.htm

Household – other

How to hang a picture:
http://www.command.com/3M/en_US/command/how-to-use/picture-hanging-strips/

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